



**Australian Government**

# **SISFFIT026 Support healthy eating through the Eat for Health Program**

**Release: 1**

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## **Modification History**

Not applicable.

## **Application**

This unit describes the performance outcomes, skills and knowledge required to use the Eat for Health Program to support clients who do not have special dietary needs. It covers assisting clients to adapt the Australian Dietary Guidelines to suit their lifestyles and food choice influences using the Eat for Health Program as a guide.

This unit requires the ability to provide healthy eating information and assist clients within industry endorsed scope of practice following completion of industry endorsed pre-exercise screening.

The scope of practice of a personal trainer does not include:

- the provision of specific or individualised dietary analysis or advice, or information regarding:
  - specific diets
  - fad diets
  - nutritional supplementation
  - sports foods
  - ergogenic aids
  - nutrition for exercise or sports performance
- the provision of information or advice to people with medical conditions requiring specialised dietary advice, or to frail elderly people who are at risk of malnutrition
- the provision of dietary information or advice for infants and toddlers.

The personal trainer must refer clients to an Accredited Practising Dietitian, Accredited Sports Dietitian, or General Practitioner as appropriate.

This unit applies to personal trainers who typically work autonomously in controlled and uncontrolled fitness environments. Work is performed according to relevant legislation and organisational policies and procedures.

No occupational licensing, certification or specific legislative requirements apply to this unit at the time of publication.

## **Pre-requisite Unit**

Nil

## Competency Field

Fitness

## Unit Sector

Fitness

## Elements and Performance Criteria

### ELEMENTS

Elements describe the essential outcomes

1. Identify client needs within the Eat for Health Program.

2. Develop client profiles of food choices and eating patterns.

3. Provide eating pattern and health status information.

4. Influence healthier eating patterns.

### PERFORMANCE CRITERIA

Performance criteria describe the performance needed to demonstrate achievement of the element.

1.1 Consider and confirm client goals, expectations and preferences using suitable questioning techniques.

1.2 Identify current sedentary and incidental physical activity patterns of client.

1.3 Explain benefits of combining regular moderate intensity physical activity and healthy eating.

1.4 Explain limitations as a personal trainer in providing the Eat for Health Program to a client.

1.5 Refer client to an Accredited Practising Dietitian or Accredited Sports Dietitian, as required.

2.1 Determine daily eating patterns of client in format of the Australian Dietary Guidelines.

2.2 Identify influences of food choices using the Eat for Health Educator Guide.

3.1 Compare client eating patterns with recommendations in the Eat for Health Educator Guide.

3.2 Provide feedback on eating patterns and alignment with Australian Dietary Guidelines to client.

3.3 Discuss advantages and disadvantages of eating patterns using the Eat for Health Educator Guide.

4.1 Assist client to make changes to eating patterns to more closely align with their goals using the template for adapting the Australian Guide to Healthy Eating.

4.2 Educate client regarding food labels to support healthy choices using the Eat for Health Educator Guide.

4.3 Maintain records of all assistance provided to client.

## Foundation Skills

Foundation skills essential to performance in this unit, but not explicit in the performance criteria are listed here, along with a brief context statement.

<b>SKILLS</b>	<b>DESCRIPTION</b>
Reading skills to:	<ul style="list-style-type: none"><li>• interpret the Scope of Practice of a personal trainer to ensure that work related to health eating is performed within scope</li><li>• interpret the Educator Guide from the Eat for Health program to select appropriate information to provide client regard their food choice influences.</li></ul>
Writing skills to:	<ul style="list-style-type: none"><li>• complete the template for adapting the Australian Guide to Healthy Eating.</li></ul>
Oral communication skills to:	<ul style="list-style-type: none"><li>• use open and closed probe questioning techniques to acquire accurate information regarding physical activity patterns, and eating patterns.</li></ul>
Numeracy skills to:	<ul style="list-style-type: none"><li>• interpret Eat for Health Educator Guide to determine energy requirements of client based on their physical activity levels, including the use of the concepts of Total Diet and Foundation Diet.</li></ul>
Learning skills to:	<ul style="list-style-type: none"><li>• maintain currency of knowledge regarding food options in Australia.</li></ul>
Technology skills to:	<ul style="list-style-type: none"><li>• source information including the Australian Dietary Guidelines, the Eat for Health Program and the Eat for Health Educator Guide.</li></ul>

## Unit Mapping Information

No equivalent unit.

## Links

Companion Volume implementation guides are found in VETNet -

<https://vetnet.education.gov.au/Pages/TrainingDocs.aspx?q=1ca50016-24d2-4161-a044-d3faa200268b>